Film, Literature, and Education: Trace of Ecopsychology Research in Indonesia

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ABSTRACT

In this study, it is explained about the development of ecopsychology in Indonesia. Related to that, the research focus are ecopsychology development and ecopsychology concretization of education in Indonesia. This research uses descriptive-qualitative approach to explain about ecopsychology in Indonesia. Based on the research results, the findings are as follows. First, the ecopsychology development in Indonesia has existed and characterized by the research which is related to ecopsychology. The research about ecopsychology in Indonesia is more likely in literature, film, and media. Ecopsychology study in psychology or ecology fields do not exist in Indonesia. Second, the ecopsychology concretization of education in Indonesia appears in the study of Literary Psychology. In the study of Literary Psychology, ecopsychology is given to students with stages (1) first stage: initial understanding of ecopsychology; (2) second stage: understanding of field in ecopsychology; (3) third stage: understanding of literature in ecopsychology perspective and (4) fourth stage: ecopsychology application in literary study.

INTRODUCTION

History of Ecopsychology Development

The issue of ecopsychology study begins to be popularly discussed in 1990s. This is marked by the appearance of Roszak writing, et.al. (1995) that starts on ecopsychology and its study types. In its further developments, there are writings that reinforce and sharpen ecopsychology study. Nevertheless, it is undeniable that there are other similar fields that intersect/close to ecopsychology as follows.

First, ecolinguistics (Stibbe, 2015, Schultz, 2001) that explains about language and environment. This study is actually not separated from the thought of its predecessor, namely Sapir (1912: 227) describes that the environment fact is reflected through the language. Conversely, language can also be reflected through the environment. Sapir’s view is a prototype of relational reflection between language and environment for the successors in the present.

Second, ecocriticism (Glotfelty & Fromm, 1996; Garrad 2004; Clark, 2011; Love, 2003; Estok 2011; Nichols, 2011; Clark, 2015) that explain about human and environment. If it is viewed more deeply, ecocriticism is more about ecological aspect than psychological aspect. The ecocriticism seems to be in many areas of literary study.

Third, ecological psychology (Winter, 1996: 283) that discusses “as the study of human experience and behavior in, its physical, political, and spiritual context, in order to build sustainable world”. Winter offers principle in relation to ecological psychology, as follows “(1) the goal of ecological psychology is to learn how to develop a sustainable culture; (2) the psychical world exists, whether we understand it or not; (3) our knowledge of reality is continually changing as our political, emotional, and intellectual knowledge changes; and (4) the connections between systems are more important than their separations (Winter, 1996: 296-298) “.

Fourth, environmental psychology that discusses about interaction between individual (human) and natural environment (Oliver, 2002, Gärbling et al, 2002). It shows that environmental psychology focuses on environmental influences on human experience. In contrast, human influences on the environment, such as factors that affect behavior towards the environment and encourage humans to be proactive to the environment (Steg et al, 2013: 2). Canter (1986) calls environmental psychology is related to human experience with environment. Therefore, environmental psychology is close to sociology or social psychology. Environmental psychology seems very close to ecopsychology, but Reser insists that ecopsychology is not a variant of environmen-
Ecopsychology is a “pseudo-science” study (Reser, 1996: 241).

All these disciplines, whether ecocriticism, ecological psychology, ecopsychology, and environmental psychology have common focus, that is the study of human relation with environment. Therefore, it can be drawn a firm line about all discipline because they are still mutually ‘borrow’ terms. For example, ecocriticism borrows the term from ecotherapy or environmental psychology borrows the term from ecopsychology or vice versa. However, practitioners of each discipline must be able to provide their arguments that are related to their field.

**Research Focus**

Related to the study of ecopsychology development in Indonesia, the focus of this research is divided into two. First, the overview of ecopsychology studies in Indonesia. Second, the ecopsychology concretization of education in Indonesia today.

**REVIIU OF RELATED LITERATURE**

**Ecopsychology**

Roszak, et. al. (1995) is considered as the first generation of the pioneer of ecopsychology. This first generation of ecopsychology is spearheaded by T. Roszak, M. Gomes, A. Kanner, and R. Greenway. Ecopsychology in the first generation concentrates on the danger of disconnection between human and nature and how to restore human’s concern about the nature and environment. Second generation of Ecopsychology emerges in the 2000s. At this time, there are ecopsychologists, e.g Fisher, Merrit, Vakoch, and Antonov. Ecopsychology at this time concentrates more on the segmentation of ecopsychology and therapeutic practice research (Fisher, 2013: 167; Davis, 2014: 51-52).

In the second generation of ecopsychology that is called the period of ecopsychology development, multicultural ecopsychology emerges. Anthony and Soule (1998: 161) asserts that multicultural ecopsychology is a diversity of ecopsychology in relation to social justice and environmental justice that creates harmony on earth. As a new discipline in psychology, ecopsychology is categorized as an interdisciplinary discipline (Doherty, 2009: 105; Norton, 2009: 138;) because it combines psychology and ecology in understanding the environment.

As there are many studies about ecopsychology, there are also journals about ecopsychology as follows. First, Ecopsychology (Mary Ann Liebert, Inc.) that emerges in 2009. Ecopsychology concentrates on articles about (1) physical and mental health benefits of interacting with nature; (2) biophilia; (3) ecotherapy; (4) the psychology of environmental destruction; (5) science, technology, and the depth of experience with nature; (6) the rediscovery of the wild; (7) urban sustainability; (8) indigenous cultures; (9) responsibility for protecting natural places and other species; and (10) human-animal interaction. Second, the European Journal of Ecopsychology (EJE) appears in 2010. EJE concentrates on articles about (1) effects of the natural environment on our emotions and well-being; (2) how psychological disconnection relates to the current ecological crisis; and (3) furthering our understanding of psychological, emotional and spiritual relationships with nature.

An interesting thing in ecopsychology is the “pseudo-science” study (Reser, 1995: 241). Because of the “pseudo-science”, ecopsychology study is more open, not (fully) objective, and “unboundaries”. Thus, observers of nonpsychological disciplines (e.g literature, culture, or education) may use it for research purpose. In addition to ecopsychology journals, there are also websites and colleges that are may use it for research purpose.

**METHODOLOGY**

**Research Approach**

This research uses descriptive-qualitative approach. This approach is used to explain ecopsychology data in Indonesia descriptively. In line with Denzin & Lincoln’s (1997) view, in descriptive-quantitative research, the researcher uses data interpretation to find result.

**Instrument**

In this study, researchers act as a key instrument. Therefore, the researcher have to possess a high level of knowledge and interpretation. They are very necessary so that researcher is able to find good result and can be scientifically responsibility.

**Data Analysis Technique**

In data analysis technique, the researcher performs three steps, namely (1) recording data about ecopsychology, (2) data classification, (3) data exposure, and (3) data verification. After that, the verification results are triangulated to maintain the reliability and validity levels.

**RESULT AND DISCUSSION**

**Ecopsychology in Indonesia**

In Indonesia, the study of ecopsychology has not been mainstream. Ecopsychology study in Indonesia are still “inferior” to the popularity of ecocritic study. There are two arguments about why ecopsychology in Indonesia is “less” popular than ecocritic.

First, the ecocritic is closer to the anthropology and sociology fields, whereas ecopsychology is closer to psychology. The area of anthropology and sociology studies are wider and more desirable than psychology. Therefore, literary studies (both written and spoken literature) in Indonesia, there are many researchers who use the ecocritical approach. The ecocritical approach is usually associated with environmental ethics, ecofeminism, and environmental destruction.

Secondly, ecopsychology practitioner/expert in Indonesia still does not exist. Thus, ecopsychology study in Indonesia is still very rare because there is no practitioner. In addition, supporting literature about ecopsychology, e.g...
books, journals, or research in Indonesian language is still very rare. This is different from ecocritcic, ecocritical books or studies in Indonesia have emerged, for example, Sudikan (2016) who writes a book of *Ekologi Sastra*.

Nevertheless, there are several writings on ecopsychology in Indonesia that appear in mass media, seminars, magazines, or research.

First, Ahmadi (2015) writes “Ecopsychology dalam Sastra Tiongkok” and it is presented in the National Seminar on Language, Literature, and Chinese Culture. It is discussed about the classical Chinese literature that is related to nature. A lot of classical Chinese literature ‘pick’ wisdom from nature. Therefore, human definitely cannot escape from nature.

Secondly, Ahmadi (2015b) writes Ecopsychology Literacy, Literature, and articles that discuss about the ecopsychology literature associated with Indonesian literature and environmental-themed movie. Ahmadi discusses about a novel by YB Mangunwijaya which explains a lot about human life with nature. In the movie context, Ahmadi shows environmental-themed movies, e.g Dr. Lorax, Wall E, Happy Feet which tell about interaction of human with the environment.

Thirdly, Ahmadi (2015c) writes an article of “Memahami Cerita Rakyat Indonesia melalui Kajian Ecopsychology”. Ahmadi discusses the Indonesian folklores that have a tendency to relate to biophilia. Ahmadi points out that in Indonesian folklore is more likely to generate a positive value called biophilia (rather than a negative value[destruction]) called necrophilia in relation to nature, environment (plants and animals).

Fourth, Ahmadi (2016a) writes article “Literature Research in Indonesia, Ecopsychology Perspective”. Ahmadi offers an alternative study in Indonesian literature using ecopsychology approach. He points out that ecopsychology is included in an interdisciplinary literary study because ecopsychology is an intersection between psychology and ecology. Ecopsychology approach can be as main umbrella or as a ‘scalpel’ in analyzing literature.

Fifth, Ahmadi (2016b) writes articles on “Sastra, Ecopsychology, dan Alienasi Lingkungan.” He discusses the linkage between literature and ecopsychology relating to human alienation to the environment. He points out that Indonesian literature also shows human alienation with the environment; its concretization is in the form of natural and environmental destructions, animal killings, and natural exploitation.

Sixth, Ahmadi (2016) writes a seminar article on “Ecopsychology, Green Literature, Nature”. Ahmadi discusses ecopsychology that relates to the green literature in Indonesia. He points out that the study of green literature abroad is rife in the 90’s. As in Indonesia, the study of new green literature is rife around the 2000s.

Seventh, Ahmadi (2017) writes a mass media article “Melawan Alienasi Lingkungan”. This article is a small part of the ecopsychology study. He points out that environmental issues are not as trendy as political issues. The community can look at how the community responds when the forest burns (burned on purpose or burns itself). The forests are explored completely. It seems like the people are not as panic as when the price of fuel rises or the racial issue emerging. In fact, the forest is the future of human. Without the forest, human beings will be powerless. Imagine, if in the future all forests are bare, oxygen supply is gone. It will certainly be the time of human extinction. Or, human only wish to be like in the kids movie, Dr. Deuss The Lorax (2012), tells Thneedville, a city full of plastic grass, plastic fish, plastic trees, and plastic flowers. In everyday life, they have to buy oxygen gallon. The question is, how much money should be spent to buy oxygen? Studies conducted by Jacoby (2001), White (2008), and Liddik (2011) show that the environment exploration and exploitation is increasing each year. Environment exploration and exploitation, according to Cianchi (2015) calls it “green criminology”. Indonesia is also not free from the problem of environmental destruction. Hidayat (2016), Praja (2016), Fauzi, et al. (2010) identify that deforestation and forest burning in Indonesia are getting worse.

Ahmadi (2015-present) writes his dissertation on “Tipikal Manusia Biophilia dan Necrophilia dalam Novel Indonesia: Ecopsychology Perspective.” He writes about the latest Indonesian novel in which it speaks of biophilic and necrophile using ecopsychology as the main framework.

Ecopsychology and its Concretization in Education in Indonesia

In the Department of Language and Literature of Indonesia, Universitas Negeri Surabaya, there is Literary Psychology course. In the course, we provide material about ecopsychology. The subject of ecopsychology in Literature Psychology course is new and is raised in 2015. The details about ecopsychology material in Literature Psychology course cover four stages.

The first stage: an early understanding of ecopsychology

Students discuss history material about the birth of ecopsychology. Previously, students are asked to prepare relevant materials to ecopsychology. To ease the student understanding, lecturers provide a draft on ecopsychology. As for ecopsychology explanation and exploration, students are asked to independently search for supporting literature (online or print).

The second stage: an understanding of the flow/field of arable in ecopsychology

Students discuss material about the fields in ecopsychology. The fields of ecopsychology, e.g the field of research, ecopsychology as classified by Davis (2014: 4) is related to (1) wilderness experiences, (2) ritual (3) indigenous people, (4) natural spirituality, and (5) an anistic view that the earth as e live as sentient. Doherty (2010: 203) classifies that research in ecopsychology is related to (1) emotion, (2) transcendence, (3) mystery, (4) status quo criticism, mysticism, helplessness and empowerment, and ecoentricity. Roszak (1995: 5) classifies ecopsychology research in (1) psychocology, (2) global therapy, (3) ecotherapy, (4) green therapy, (5) earth centered therapy, (6) re-earthing, (7) na-
uture based psychotherapy, and (8) shamanic counseling. As for ecofeminism, according to Holloway et. al., (2014) is also included in ecopsychology research. The classification made by ecopsychologist cannot be separated from the view that ecopsychology as the main umbrella of the research. Thus, other relevant fields to ecopsychology are included in the research branch.


Third stage: understanding of literature in ecopsychology perspective

In this section, students in groups are asked to discuss literature (foreign literature or Indonesian literature) in relation to ecopsychology. Lecturers provide modeling in literature forms, either novels, short stories, poems, or dramas in which are associated with ecopsychology elements.

Students are asked to find the ecopsychology element contained in the literary work. After that, they (in groups) are asked to present their discussion results or findings in front of the class. The other groups respond to their friend’s presentation.

The fourth stage: ecopsychology application in literary studies

After understanding ecopsychology ontologically, axiologically, and epistemologically, students (individually) are asked to write literary criticism (over 2000-3000 words) using an ecopsychology perspective. The literatures are novels, short stories, poetry, or drama. The students have 7 days to write articles about literature and ecopsychology. Later, the lecturers provide ecopsychology feedbacks from the students.

Future plan: ecopsychology in Indonesia

Ecopyschology is an interdisciplinary study. Therefore, the ecopsychology study is an alternative in answering contemporary issues that are getting more complex. In Indonesia, ecopsychology study can grow rapidly if it meets four principles, namely (1) researchers who strengthen ecopsychology study can grow rapidly if it meets four principles, namely (1) researchers who strengthen ecopsychology study in research, book writing, journal writing and publishing, and formation of ecopsychology associations/ communities; (2) the government provides research assistance related to ecopsychology and provides knowledge on ecopsychology to the wider community through electronic or nonelectronic media; (3) for teachers/lecturers, they introduce ecopsychology in learning materials; and (4) the community learns, initiates, supports, and practices ecopsychology in everyday life.

CONCLUSIONS

Based on the exposure in advance, it can be summarized as follows. The development of ecopsychology in Indonesia has existed and characterized by research related to ecopsychology. Ecopsychology research in Indonesia is more likely to study about literature, movie, and media. The ecopsychology in psychology or ecology fields do not exist in Indonesia. And then, the ecopsychology concretization of education in Indonesia appears in the study of Literary Psychology.

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